

STRONGER RELATIONSHIPS ONLINE COURSE

FOR PARENTS AND OTHER ADULT CARERS
LIVING TOGETHER OR APART



Weekly support from
our course experts

Learn at a time and place that
suits you



6 ONLINE SESSIONS



6 GROUP DISCUSSIONS



CERTIFICATE ON COMPLETION

TOPICS COVERED

Enhancing parent-child
relationships

Managing stress, anger
and emotions

Strategies to resolve
conflict

- Do you want to get some new ideas to help you be an even better parent?

- Would you like to reduce the arguments and disagreements in your family and cope better with stress?

- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?



ENROL NOW

<https://strengthening-families.net/reducing-parental-conflict/>



IF YOU NEED ANY HELP, EMAIL US AT [SFSCPARENT@RACEFOUND.ORG.UK](mailto:sfscparent@racefound.org.uk)
OR CALL US ON 07708360561

**strengthening
families**
strengthening
communities